DIFFERENT SPORT. FAMILIAR SKILLS.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

See lacrosse through the language of the sport your athlete already loves.

A give-and-go. A route break. An outlet pass. Lacrosse asks athletes to create space, recognize pressure, support teammates and react. Think of the comparisons below as a coach's shorthand to help a new player feel at home.

BRING WHAT YOU KNOW. LEARN A DIFFERENT GAME.

Your sport / position	Lacrosse connection	In your sport's language
Basketball Point guard; wing	Feeding attacker; attacker or midfielder	"Draw help and find the cutter." "Move without the ball; create separation."
Basketball On-ball / help defender	Defender; supporting defender	"Contain, help and recover." "Communicate when a teammate gets beaten."
Football / flag Receiver; running back	Cutting attacker; dodging midfielder	"Change pace and make your break." "Read leverage, cut and accelerate."
Football Quarterback; defensive back	Feeding attacker; on-ball defender	"Scan options as defenders move." "Stay balanced; recover without grabbing."
Soccer Midfielder; forward	Midfielder; attacker	"Scan before receiving; offer support." "Time your run into a scoring area."
Soccer Center back; goalkeeper	Defender; goalie	"Protect dangerous space; communicate cover." "Manage angles; start the next possession."
Ice hockey Center; defense	Midfielder; defender	"Support both sides of possession." "Protect the middle and make the outlet."
Field hockey Midfielder; forward	Midfielder; attacker	"Offer a passing option and recover." "Lead into space and connect."

THE ACTIONS BEHIND THE ANALOGIES

Dodge: change direction and pace. **Catch on the move:** coordinate tracking, stick control and footwork. **Give-and-go:** pass, move and recognize the return. **Clear:** find an outlet and advance possession.

BASEBALL / SOFTBALL: DIFFERENT EMPHASIS, NOT INFERIOR

Lacrosse is built around shared space and quick decisions during live play. Baseball and softball offer great batting, throwing and fielding challenges. Pick the one that fits your athlete and your family's schedule.

A SMART SEASON INCLUDES RECOVERY

Spring lacrosse works best when it fits your athlete's calendar, not piled on top of a full one. Leave room for rest and time away from each sport. Boys' and girls' rules differ, and youth contact rules vary by age.

Every athlete grows at their own pace. The skill comparisons here are ways to see the game, not promises; good coaching and having fun matter most.

Sources: USA Lacrosse: Athlete Development | USA Lacrosse: Specialization | AAP: Overuse & Recovery

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